

## Full Report (All Nutrients) 15015, Fish, cod, Atlantic, raw

Report Date: June 25, 2017 17:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 231g
<b>Proximates</b>						
Water	g	81.22	537	0.040	69.04	187.62
Energy	kcal	82	--	--	70	189
Energy	kJ	343	--	--	292	792
Protein	g	17.81	605	0.040	15.14	41.14
Total lipid (fat)	g	0.67	293	0.007	0.57	1.55
Ash	g	1.16	165	0.013	0.99	2.68
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	16	101	1.489	14	37
Iron, Fe	mg	0.38	26	0.031	0.32	0.88
Magnesium, Mg	mg	32	30	1.273	27	74
Phosphorus, P	mg	203	75	3.657	173	469
Potassium, K	mg	413	49	11.091	351	954
Sodium, Na	mg	54	44	3.370	46	125
Zinc, Zn	mg	0.45	188	0.012	0.38	1.04
Copper, Cu	mg	0.028	136	0.001	0.024	0.065
Manganese, Mn	mg	0.015	--	--	0.013	0.035
Selenium, Se	µg	33.1	11	2.412	28.1	76.5
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.0	2	--	0.8	2.3

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Thiamin	mg	0.076	40	0.004	0.065	0.176
Riboflavin	mg	0.065	68	0.004	0.055	0.150
Niacin	mg	2.063	69	0.074	1.754	4.766
Pantothenic acid	mg	0.153	45	0.009	0.130	0.353
Vitamin B-6	mg	0.245	4	0.035	0.208	0.566
Folate, total	µg	7	--	--	6	16
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	--	--	6	16
Folate, DFE	µg	7	--	--	6	16
Choline, total	mg	65.2	--	--	55.4	150.6
Vitamin B-12	µg	0.91	55	0.051	0.77	2.10
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	10	28
Retinol	µg	12	--	--	10	28
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	40	--	--	34	92
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.64	2	--	0.54	1.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	2	--	0.00	0.00
Tocopherol, gamma	mg	0.00	2	--	0.00	0.00
Tocopherol, delta	mg	0.00	2	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.9	1	--	0.8	2.1
Vitamin D3 (cholecalciferol)	µg	0.9	1	--	0.8	2.1
Vitamin D	IU	36	1	--	31	83
Vitamin K (phylloquinone)	µg	0.1	1	--	0.1	0.2
<b>Lipids</b>						
Fatty acids, total saturated	g	0.131	--	--	0.111	0.303
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 231g
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.009	25	--	0.008	0.021
16:0	g	0.091	26	--	0.077	0.210
18:0	g	0.030	26	--	0.025	0.069
Fatty acids, total monounsaturated	g	0.094	--	--	0.080	0.217
16:1 undifferentiated	g	0.016	26	--	0.014	0.037
18:1 undifferentiated	g	0.061	26	--	0.052	0.141
20:1	g	0.015	23	--	0.013	0.035
22:1 undifferentiated	g	0.003	19	--	0.003	0.007
Fatty acids, total polyunsaturated	g	0.231	--	--	0.196	0.534
18:2 undifferentiated	g	0.005	25	--	0.004	0.012
18:3 undifferentiated	g	0.001	19	--	0.001	0.002
18:4	g	0.001	22	--	0.001	0.002
20:4 undifferentiated	g	0.022	23	--	0.019	0.051
20:5 n-3 (EPA)	g	0.064	26	--	0.054	0.148
22:5 n-3 (DPA)	g	0.010	22	--	0.009	0.023
22:6 n-3 (DHA)	g	0.120	26	--	0.102	0.277
Cholesterol	mg	43	37	0.969	37	99
<b>Amino Acids</b>						
Tryptophan	g	0.199	--	--	0.169	0.460
Threonine	g	0.781	--	--	0.664	1.804
Isoleucine	g	0.821	--	--	0.698	1.897
Leucine	g	1.447	--	--	1.230	3.343
Lysine	g	1.635	--	--	1.390	3.777
Methionine	g	0.527	--	--	0.448	1.217
Cystine	g	0.191	--	--	0.162	0.441
Phenylalanine	g	0.695	--	--	0.591	1.605
Tyrosine	g	0.601	--	--	0.511	1.388
Valine	g	0.917	--	--	0.779	2.118
Arginine	g	1.066	--	--	0.906	2.462
Histidine	g	0.524	--	--	0.445	1.210

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Alanine	g	1.077	--	--	0.915	2.488
Aspartic acid	g	1.823	--	--	1.550	4.211
Glutamic acid	g	2.658	--	--	2.259	6.140
Glycine	g	0.855	--	--	0.727	1.975
Proline	g	0.630	--	--	0.535	1.455
Serine	g	0.726	--	--	0.617	1.677
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0